

## BUILDING RESILIENT SENIOR CITIZENS

*The Resilience Factor*, a book by K. Reivich and A. Shatte, reminds us that life is a process. As we age we face new and complicated issues that may require us to adjust, shift and re-evaluate. For example family or social structures may change, health can be compromised or finances may become strained. Some sail thru the “golden years” with little stress and others seem to struggle along the way. Resilience is a key factor to success and well being. It is the ability to bounce back from setbacks, to learn from failure, to be motivated by challenges and to believe in your own abilities to deal with the stress and difficulties in life. (Reivich and Shatte, 2003) Resilience is a combination of strategies that can be innate or learned. As I read *The Resilience Factor* two key factors pop out as useful tips for the seniors in our community. They include **flexible thinking** and **reaching out**.

**Flexible thinking** allows one to view a problem from several different perspectives and increases the likelihood that one will be able to come up with solutions. As the Senior Outreach Worker for the Village of Sea Cliff, I help seniors engage their flexible thinking in order to find solutions to new and sometimes old problems. Together we explore individual needs and realistic options. Information is available on a wide variety of programs, entitlements and coordinated services. I am available Tuesday and Thursday afternoons or by appointment. We can identify and evaluate issues then explore choices forging successful outcomes.

**Reaching out** and being willing to try new things helps one learn more, achieve more, and enjoy life more. This includes asking for help and seeking new connections. The Village of Sea Cliff has a variety of programs and services; there is truly something for everyone. Our village library has a full calendar; including book clubs, movie screenings, bridge games and computer lessons. It can be a quiet place to explore information as well as an active venue for the arts. If you are up for something social, visit St. Luke’s on Tuesdays and Fridays for the Mutual Concerns Lunch Program. Here you can see old friends or meet new ones, take a yoga class and have a delicious hot meal. Blood pressure evaluation is offered on the second Tuesday of the month. It is always fun and lively, and transportation is available! Speaking of transportation, we have a grocery shopping bus on Wednesdays that takes you door to door. Maybe a new shopping routine is the perfect alternative to the stress of doing it alone. If you are not feeling up to going out don’t forget that our local delis, drug stores and hardware stores deliver. In addition, our Senior Action Committee can pay you a friendly call, and I can too! Nothing is out of reach; you are not alone and you do not have to go without what you need.

Join me on your path to resilience. For more information call Karen Montagnese, LMSW, Senior Outreach Worker; Sea Cliff Village Hall, 516-676-0080 ext 20 or email me at [kmontagnese@seacliff-ny.gov](mailto:kmontagnese@seacliff-ny.gov)